SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 9

LUSTIN' FOR JUSTIN?

ENTER METRO'S 'I BELIEBE IN LOVE' CONTEST TO WIN A CHANCE TO GET THIS CLOSE TO THE BIEBS PAGES 6 & 7

SASKATOON metro®
Thursday, February 14, 2013
News worth sharing.
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No gunman found after school put on lockdown

Police search of area turns up nothing.
Children pulled off playground at lunch hour as result of report

MORGAN MODJESKI
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It was a tense lunch hour for parents of children attending John Lake School as the school was on lockdown for roughly an hour on Wednesday afternoon.

Police say they were called to the school at approximately 12:30 p.m. after two children, aged six and seven, told staff they saw what they believed was a man with a gun outside of the school.

Sgt. Michael Horvath with the Saskatoon Police Service said everyone in the school was safe and they didn't find anyone who matched the person described by the children.

"The school had taken the kids back into the school from the playground and contacted the police service, which ended up with the school going into a perimeter and full lockdown," said Horvath.

"When the school goes into the lockdown, we have to assume there is a possibility that the person may have gotten into the school, and as a result police will come and attend to ensure the safety of the staff and the students."

Veronica Baker, manager of communications and marketing with the Saskatoon Public School Division, said the school responded quickly to the situation and noted this is exactly why the division has emergency-preparedness drills in place.

"For lockdown procedures it is a practised emergency procedure in the schools, so it is something that students would be aware of what they are to do in that instance," said Baker. "We're pleased that all students and staff followed the procedure exactly as had been practised.

"They did an excellent job of handling the situation at the school."

Baker noted the school division would be sending out letters to parents to inform them about the incident.

The lockdown ended at roughly 1:30 p.m.

Members of the Saskatoon Police Service leave John Lake School on Broadway Avenue in Saskatoon after a school-wide lockdown on Wednesday afternoon. Police were called to the school after two students told staff they saw what they believed was a man with a gun outside of the school. MORGAN MODJESKI/METRO

Tweeters behaving badly

A new blog names those who make sexist comments about female politicians PAGE 4

Sweet on sweets?

Then you'll love these low-calorie brownies PAGE 12

Catch me if you can

The Toronto Blue Jays' new ace knuckleballer keeps his teammates on their toes PAGE 13

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Canada-wide

Cellphones, tablets spur creation of new area codes

Canadians in several provinces will soon see unfamiliar numbers on their call display as the country introduces a handful of new area codes to meet growing demand.

The Toronto area and Ontario's Golden Horseshoe will each get a new area code next month — 437 and 365, respectively. The agency that oversees the country's phone numbers says Saskatchewan will be next in May, followed by British Columbia, Alberta and other parts of southwestern Ontario.

The Canadian Numbering Administrator says Manitoba already gained a new prefix last November when it made the switch to 10-digit dialling.

The agency's director, Glenn Pilley, says the new codes are needed to accommodate the surge in cellphones and tablets, many of which take up more than one phone number. He says the country's area codes have more than tripled since they were first established in 1947, noting next month's additions will push the total to 29. THE CANADIAN PRESS

Costly commute

Harper defends senator Wallin's travel expenses

The prime minister is defending yet another senator who has come under scrutiny for her expense claims.

Stephen Harper says he's reviewed Conservative Sen. Pamela Wallin's travel bills and they appear to be in line.

Records show that the amount Wallin bills specifically to travel to Saskatchewan from Ottawa pales in comparison to what she cites as "other" travel.

Wallin, whose expenses and housing records have raised questions about whether she actually lives in Saskatchewan, says she spent 168 days there last year.

THE CANADIAN PRESS

Author can help reduce your carbon footprint

Energy- efficiency. How to Future Proof Your Home aims to teach homeowners ways to reduce dependencies on dirty fossil fuels

JANE CAULFIELD
jane.caulfield@metronews.ca

Attempting to reduce your carbon footprint and leading an energy-efficient lifestyle can be a hard thing to do when you live in a province that's used to frigid winter temperatures.

But author and professional engineer Shane Wolffe has set out with his book How to Future Proof Your Home to help people understand how to improve the energy efficiency of their homes.

The book "is the principles for a new or existing home that will help you to save energy and reduce your dependency on fossil fuels," Wolffe said.

"There's nothing really written for our climate that will show people that we can do this.... People want to do the right thing with regards to the environment but they don't know how to cost-effectively do that," said Wolffe.

The book aims to educate homeowners by offering the knowledge and tools to improve the overall energy efficiency of their houses, and to work with homebuilders to make energy-efficient decisions, ultimately saving cash and adding years to houses' life spans.

"If you put 85 per cent more efficiency in your home, then you are saving 85 per cent more energy, and that's a huge chunk of your bill," said Wolffe.

The book is also available on Kindle. Wolffe hopes to have it published elsewhere later this year.

Online

To learn more about how you can be more energy-efficient in colder temperatures, head to future-proofmybuilding.com.

- **Promotion.** Currently, Wolffe is running a promotion: Those who sign up for his newsletter will also receive the first half of his book, in PDF form, for free.

Author and professional engineer Shane Wolffe points his thermal camera at the Delta Bessborough Hotel to see where the building is losing the most heat. Wolffe has recently published a book available on Kindle helping homeowners figure out make their homes more energy-efficient in colder temperatures. JANE CAULFIELD/METRO

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Just too much? New blog exposes troubling remarks

Female premiers face war of words. 'I think this kind of behaviour needs to be shamed,' says blog owner who hates hateful speech

LUKE SIMCOE
Metro Online

All part of the job? Snide online comments are made regularly about, from left, Kathleen Wynne, Alison Redford, Christy Clark and Pauline Marois. METRO FILES

Ontario Premier Kathleen Wynne is "a lesbian tree hugger."

Quebec Premier Pauline Marois, "a dumb b----."

And depending on who you ask, B.C.'s Christy Clark needs to either button up her shirt or simply take it off.

These are the kinds of tweets, Facebook posts and comments you'll find collected at Madam Premier, a new blog dedicated to exposing the vitriol hurled at Canada's female first ministers.

"Their jobs are hard enough without having to be criticized on the basis of their gender," says the blog's owner, Diamond Isinger.

"If I wasn't already involved, this certainly wouldn't encourage me to enter into public life or electoral politics."

A resident of Vancouver, Isinger started the blog Tuesday night. By Wednesday afternoon, nearly 3,000 people had visited.

The blog is part of a new "naming and shaming" tactic, where activists point fingers at those posting hateful speech online.

Last year, a Toronto feminist made headlines for identifying the man behind a violent and misogynistic video game. Shortly after, a Calgary man was fired from his job for mocking bullied teen Amanda Todd on Facebook.

"Sunlight is the best disinfectant," Isinger said. "I think this kind of behaviour needs to be shamed."

A surprising number of comments — most of which are profane or sexual — appear to be posted under people's real names.

"It signals that we have a culture that's comfortable with this kind of thing. People feel they can say this stuff without repercussion," said Isinger.

York University's Dr. Jennifer Jenson says that by aggregating misogynistic comments, blogs like Madam Premier show that sexism is still a systemic problem.

"It's about compiling it so that it doesn't seem like it's just one guy doing this," she said. "When you see it this way, it's a literal documentation of the different kinds of people who feel compelled to say derogatory things about women in power."

Jenson says online comments made about female politicians often differ from those directed at men.

"We never say, 'Did you see the bulge in the premier's pants?'"

MORE AT METRONEWS.CA

New Canadian cell challenger on scene

A Halifax communications company is now competing with some of Canada's wireless giants.

Eastlink, owned by Bragg Communications Inc., is now offering cellphones to Nova Scotia and Prince Edward Island on a no-term contract basis.

Matthew MacLellan, president of Eastlink's wireless division, said the new service would include Canada's first and only 4G LTE network.

"You've got competitors of ours based out of Montreal, Toronto and Vancouver," MacLellan told the crowd at the Eastlink store in downtown Halifax on Wednesday. "We think we can do it from Halifax and we think we can do it just as well and better.

"Why should you have to go to your cottage and have to stand up on the roof to try and get cell signal?"

Existing Eastlink customers can opt to bundle a cellphone with their Internet, television or home phone to save 10 to 20 per cent.

"We really tried to listen to everything that customers said that they liked about cell phones and cell-phone companies and the things they didn't like," said MacLellan.

ALY THOMSON/METRO IN HALIFAX

Matthew MacLellan, president of Eastlink's wireless division, shows off his smartphone prior to a launch party on Wednesday. JEFF HARPER/METRO IN HALIFAX

Market Minute

DOLLAR 99.82¢ (+0.09¢)

TSX 12,775.28 (-13.74)

OIL $97.01 US (-$0.50)

GOLD $1,645.10 (-$4.50)

Natural gas: $3.31 (+8¢)
Dow Jones: 13,982.91 (-35.79)

Foreign Affairs Minister John Baird, pictured in the Commons Wednesday, says Canada will remain a zombie-free zone. ADRIAN WYLD/THE CANADIAN PRESS

Tories at war ... with zombies

Will zombies ever take over Parliament Hill?

Never! Foreign Affairs Minister John Baird is on the case.

Baird assured the House of Commons that Canada remains a zombie-free zone.

The odd exchange came Wednesday near the end of the daily question period.

Winnipeg New Democrat Pat Martin raised the matter of a Quebec government disaster-planning exercise that used a mock zombie invasion as its premise.

B-movie templates of an invasion of the "living dead" have also been used for emergency preparedness drills in the United States.

"I don't need to tell you, Mr. Speaker, that zombies don't recognize borders," Martin warned the House, tongue firmly in cheek.

Is Baird, asked the NDP MP, working with his American partners "to develop an international zombie strategy so that a zombie invasion does not turn into a zombie apocalypse?"

Baird rose to the occasion, telling the House that he was "dead-icated" to the matter.

"Under the leadership of this prime minister, Canada will never become a safe haven for zombies, ever," said Baird.

THE CANADIAN PRESS

Climate change

Follow Obama, Canada told

President Barack Obama's State of the Union message to act swiftly on climate change is a challenge to Ottawa as well, says the U.S. ambassador to Canada.

Obama used Tuesday's speech to present Congress with a choice: Either agree to market-based solutions to climate change, or the president will use his executive powers to achieve the same result.

Ambassador David Jacobson said the message was meant as much for Canada as it was for the United States.

THE CANADIAN PRESS

Driver's claim

Officer accused of sex-toy threat

A police officer seen on video allegedly threatening to sexually assault a tow-truck driver with two pink sex toys should be fired, the man says.

Jagdis (Mike) Tirbany said he was distressed that criminal charges against the officer had been dropped.

Tirbany, a married father of three, alleged he was threatened with being sodomized.

Tirbany, 46, of Toronto, said the incident occurred inside an Ontario Provincial Police detachment where he had gone last March for fingerprinting in light of an assault charge he was facing.

THE CANADIAN PRESS

Billboard study

Can these words cause a crash?

A University of Alberta researcher wants to put the brakes on billboards with negative words.

Michelle Chan put fellow students into a driving simulator and tested their skills behind the wheel.

The test asked subjects to drive down a computer-generated road as ads appeared with negative, positive and neutral words.

Words such as cancer, war and abuse caused most of the drivers to veer outside their lane. Some drivers crashed into trees, other vehicles and pedestrians.

"Billboards are already distracting enough," said Chan. "But then when you add the negative emotional content, it ... can be detrimental to driving."

THE CANADIAN PRESS

A WRITTEN HISTORY OF ST. VALENTINE

HE SAYS...
John Mazerolle
metronews.ca

One little-known fact about me (along with every other fact) is that I am a Valentine's Day history buff. This is why so many women I've spent Valentine's Day with have told me, "You're history." Their words, not mine.

It's a fascinating topic.

By looking back at the origins of Valentine's Day we can see how it overcame its humble beginnings as a 14th-century Coca-Cola promotion to become the genuine and understated holiday we know and love today, giving birth to some of the great poetry and art of our time.

The history of Valentine's Day: From mass decapitation to mass duplication:

Ralph Wiggum syndrome

With its perfect pre-Hollywood combo of romance and violence, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet William Shakespeare wrote "Bee my Valentine" next to a picture of a bee.

Our story begins in **the 300s**, when mid-February was called **Lupercalia**, which was a celebration of **Juno**, the goddess of Canadian music awards. The festivities were boisterous but primitive, with people forced to express their love through **cards** they had to construct from scratch and **poetry** they had to write for themselves. It's hard to imagine the hardship.

This was before the invention of either **scissors or Shakespeare**, which meant the results were often little more than pieces of wood with **dirty drawings** on them, leading to many extinguished loves and several brutal wars. All was fair in both cases, and nobody ever had to say they were sorry.

The dismal state of **affairs** (most of the cards ended with the clunky "Be My Lupercalia") eventually changed with the birth of three different men named **Valentine**, a glorified soul considered so important to God that He built in **double-redundancy**. The three saints Valentine were very different people, but they all shared one romantic trait: they were all **brutally executed**.

This, of course, dovetails nicely with our perception of **modern love**. Since their beheadings, the most **perfect loves** in fiction have always ended in **death** (Romeo and Juliet, Rose and Jack, Teen Angel and Narrator) leaving many husbands and wives to wish **their romances** could end so perfectly.

A number of legends have grown around the executions of St. Valentine(s), **not all of them true**, but it's clear their deaths gave rise to several famous **romance-related phrases**.

For instance, it's well documented that the **Grand Executioner** began each decapitation with the solemn proclamation: "It's not you, it's me."

Also, each saint's head tended to fall on his **twitching feet**, leading to the well-known phrase, "head over heels." ("To wear your heart on your sleeve" also came about then, but it's best not to get into details.)

With its perfect pre-Hollywood combo of **romance and violence**, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet **William Shakespeare** wrote "Bee my Valentine" next to a picture of a bee. This brilliant bit of wordplay took off on Reddit, leading to fame and fortune for Shakespeare, despite claims of copyright infringement by user **Francis_Bacon**.

Combined with the invention of the **Gutenberg Laserjet Printer**, spreading love around the world was soon as simple as plunking down $8.95. By 2012, for the first time ever, the **illness that is love** could spread worldwide just as quickly as **love-related illnesses**.

The **poets of the past** would be uncharacteristically speechless if they could see how easy sharing the perfect words has become. Though I think if Shakespeare were here today, he'd probably say, "What a time to **bee** alive. Or if not alive, to buzz off."

I'd **love** to see him top that.

... and they call it guppy love

CLELIA GASPARINI/THE ASSOCIATED PRESS

Advice from a guppy

Choose an ugly wingman to make yourself shine

When it comes to mating, guppies treasure their ugly friends — because they look so good by comparison.

An article published Wednesday by Britain's Royal Society says that male guppies prefer to associate with their drab-coloured counterparts when females are around.

"Males actively choose the social context that maximizes their relative attractiveness," the article said. Or, as lead author Clelia Gasparini put it, "If you are surrounded by ugly friends, you look better."

THE ASSOCIATED PRESS

The dating game

- **Mating rituals.** An aquarium was set up with one female in partition on either end. Guppy bachelorette No. 1 had two attractive, brightly coloured males placed on either side of her. Guppy bachelorette No. 2 was stuck with uglier, drab-coloured fish.
- **The ugly guppy.** When a male guppy was put in the middle of the tank, and given the choice of which female to approach, bachelorette No. 2 was the more popular pick, with male guppies spending about 62 per cent of their time hanging around her side of the aquarium.

Plenty of fish

Ugly guppy plays matchmaker

The researchers also found that the time guppies spent with the guppy that was surrounded by ugly fish correlated with their unattractiveness. The uglier the guppy, the less likely it was that he would hang around the brightly coloured fish placed next to bachelorette No. 1.

Because it could be argued that guppies avoided their brightly coloured pals because attractive fish were more aggressive, or because predators were more likely to spot them, the experiment was repeated. Researchers ran it without any females, and again with the lights in the male enclosures turned down so that the test guppies couldn't see them.

THE ASSOCIATED PRESS

Only human

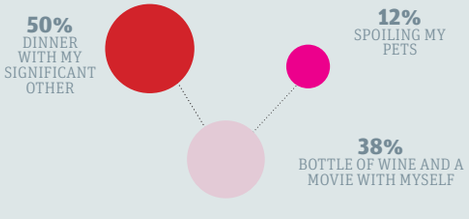
"As a researcher I cannot compare human mating systems with the guppies' one. But if you ask me as a person, sure.... I saw this tactic working pretty well with humans.... If you want to impress someone, do you think you will look more attractive in comparison with Mr. Bean or George Clooney?"

Clelia Gasparini, lead author of article published by Britain's Royal Society

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How will you be spending Valentine's Day?



Twitter

@TheOtherHilary:
Man, people are falling all over themselves to bid on the Pat's Rider table. If I have to sell my car, I'm putting a giant Rider logo on it

@iChris:
"Sirens in Stonebridge" is the name of my new band OR the title of my new blog OR a summary of this morning's noises outside my office.

@Heahter_Mo:
I may be crazy, but I'm pretty sure Tegan and Sara have not aged.

@Jared_Olson:
Alright bus driver yeah its fine just stop in the middle of your route to grab a coffee #idiot #yxe #awful #busdrivers #beontime

@Claire_MP:
So the blizzard that was supposed to happen today now may or may not happen by the end of the weekend? Spot on, weatherman #yxe #weather

metro

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Illustration: Thomas Pitilli

YOU COULD WIN A CONCERT DATE WITH BIEBER!

THIS VALENTINE'S DAY – METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with this ad in a place you'd take Justin on a date
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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of $5,000 CAD). Skill testing question required. Contest closes February 28, 2013 at 12:00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc., nor Pizza Pizza Limited is responsible for this contest or its prize(s).

One lucky reader will meet Justin Bieber backstage at a future show through Metro's Valentine's Day contest. CONTRIBUTED

Beliebe in love!

Justin Bieber. Enter our Valentine's Day contest for a chance to meet the superstar

MICHAEL FREIDSON
Metro World News

Metro's Justin Bieber contest gives you the once in a lifetime opportunity to meet him backstage at a future show. Alas, we were not so lucky, but the superstar did answer some questions about his new album, Believe Acoustic, via email, shortly before heading out on his European tour.

On Believe Acoustic, you sound more raw and more available than on previous big-production tracks. How do you make that intimacy sound authentic, even though you're ...

Justin Bieber?
It sounds authentic because it is. Acoustic performances, whether busking in my hometown or on YouTube, are how I got started. Songs and performances like that really give me the chance to connect with my fans. That connection is why I perform an acoustic set as part of my Believe Tour every night.

Does this bring us closer to the "real" Justin?
I think everything I put out is a representation of the real me. But this album (Believe Acoustic) definitely allows the public to see a different side of me than Believe. The sound of this album is a lot rawer and more exposed.

I ask because previous stars your age — Timberlake, Britney — usually start to define their sound for an older audience around this time. Where are you going?

Quoted

"I'm just growing up and my sound is maturing with me. I just write about what is going on in my life."

Justin Bieber, on his new album Believe Acoustic

I'm just growing up and my sound is maturing with me. I don't spend a lot of time planning where my music will go next. I just write about what is going on in my life and how I am feeling and it's causing the music to grow with me in a very organic way.

Lots of guys in dorm rooms everywhere play acoustic guitars to pick up girls and fail, because they look cheesy. What tips do you have for them?
Be confident.

What are you doing this Valentine's Day?
I've got a small break before my U.K. tour dates start so I'm still figuring it out.

What's the wildest offer you've had from a fan?
I get a lot of marriage proposals.

We have to ask about Nothing Like Us, a song about your break up with Selena Gomez — you told Billboard you're not in the happiest place and have friends to get you through. What have you learned about relationships?
I have learned a lot about who I am and who I want to be.

And?
I've also learned how to be there for someone else.

Bieber's V-Day Playlist

Justin creates his ultimate romantic mixed tape — fire up the iTunes and turn down the lights!

- **I'll Make Love To You.** Boyz II Men
- **As Long As You Love Me.** Justin Bieber
- **You Are Not Alone.** Michael Jackson
- **7 Days.** Craig David
- **Back at One.** Brian McKnight
- **Climax.** Usher
- **Because of You.** Ne-Yo
- **Let's Get it On.** Marvin Gaye
- **Best I Ever Had.** Drake
- **Broken Road.** Rascall Flatts

week of love
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Rosebud Club is bringing sexy back

V-Day. Burlesque performer says show-goers can expect old-time glamour at performance

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

If you're still looking for a Valentine's Day gift for your sweetheart, but you're a bit of a traditionalist, that doesn't mean you're stuck giving flowers and chocolate.

The Rosebud Burlesque Club is staging a performance on Saturday night that is at the same time sexy and classically influenced.

"Our shows are retro, pin-up inspired. It's from a more glamorous time, like stepping into the past," said Mona Handful, who is one of three performers in this year's Valentine themed show.

The company was founded in 2007 by Jackie Latendresse, a self-described dance history nerd, who believes this old-school performance is enjoying resurgence, in part because of the forms modern entertainment has taken.

"I think people are getting a little tired of getting everything handed to them, via the Internet or television. There's a lot of gratuitous everything out there," Latendresse said. "Burlesque is a lot more about using your imagination."

Rosebud shows feature choreographed dance routines and often elaborate costumes, all of which are designed by the performers. While it is far less raunchy than a lot of other entertainment out there, it is sexy and presented in a tongue in cheek, bawdy style.

"The shows are very fun and inclusive and showcase real beauty and local talent and I think that's very attractive to people. It's very open-minded and accepting in terms of age, body type and gender," Latendresse said.

"All of the women were so glamorous and playful and admirable, and I was like, 'I can do that too,'" said Handful, of a performance she attended in 2008, which inspired her to join the club.

While she describes herself as a "bit of an introvert," Handful says all of that disappears when she hits the stage.

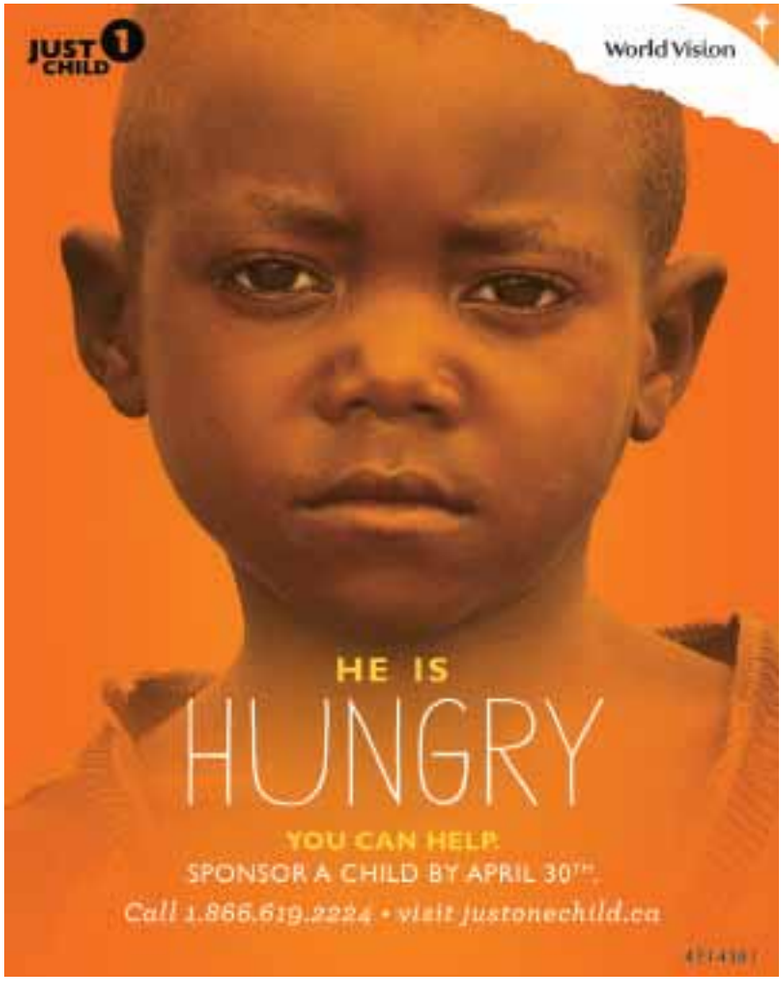
"I like people to admire what I do and make them happy. I want to give them a break from how boring their work life is or how they have to go home and shovel the snow."

The Bouquet of Rosebuds show takes place 8 p.m. Saturday, Feb. 15 at Free Flow Dance Centre 224 25th St. W.

Heating it up in the kitchen

The Rosebud Burlesque Club has also released a cookbook — Now with Recipes! — to help support their work. The dishes featured are appropriately spicy, including slow-cooker Sunday in bed and C cup cupcakes. For more information, visit rosebudburlesque.com.

Lovely Little Miss Miss is among the performers who will take to the stage for The Rosebud Burlesque Club presents ... A Bouquet of Rosebuds. SUPPLIED



Romance

Safe Haven

Director. Lasse Hallstrom

Stars. Josh Duhamel, Julianne Hough

Josh Duhamel and Julianne Hough are blandly likeable enough, but this seventh big-screen adaptation of a Nicholas-Sparks-authored heart flutterer won't find a safe haven from discerning audiences. Simply put, this tale is about a woman seeking sanctuary in a sleepy town who falls for a widower while her psychotic hubby hunts her down. Veteran filmmaker Lasse Hallstrom (Dear John) does his best to mould the melodrama but Safe Haven is still mostly stale and unmistakably safe storytelling.

STEVE GOW

Romance/Drama

Beautiful Creatures

Director. Richard LaGravenese

Stars. Alice Englert, Alden Ehrenreich

Based on a series of young adult novels, Beautiful Creatures is likely aimed at the same cinematic spend-thrift crowd that turned the Twilight franchise into box-office alchemy. Adapting the love story between a longing, teenaged bookworm and his supernatural girlfriend with a curse, Oscar-nominated-filmmaker Richard LaGravenese (The Fisher King) clutters an ultimately simplistic story with complications that are neither all that compulsory nor compelling. It ends up anything but super or natural. **STEVE GOW**

Action

A Good Day To Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney, Sebastian Koch

The original Die Hard is an '80s classic. A near perfect mix of action, humour and Bruce Willis' charisma, it was a claustrophobic thriller set inside an office building. Since then the movies have slowly opened up the action, becoming more generic with every added location. The new film sees Willis in Russia joining forces with his CIA operative son (Jai Courtney). It has exotic locations and a body count that would take a mathematician to calculate, but none of the wit or style of the first film.

RICHARD CROUSE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Bruce Willis ALL PHOTOS GETTY IMAGES

Willis only hits the bottle a bit now

Bruce Willis admits he used to have a drinking problem, leading to a brief foray into complete sobriety, but he's past all that now. "I had been sober (for a while)," he tells GQ magazine, explaining that he eased off his personal prohibition "once I realized that I wasn't going to run myself off the pier of life with alcohol, drinking vodka out of the bottle every day." As for his current drinking habits? "I have wine now, mostly when I eat," he says. Of course, Willis is still facing the unstoppable march of time. "Nobody wants to hear this bad news, but we're all dying on some level," he says. "I'm going to try to keep this machine moving forward as much as possible and not have to think about the eventuality of becoming more frail and less able to do the work. I know that I'm not going into politics. That's not an option."

Swift response to exes, Underwood

Taylor Swift

Taylor Swift had more exes on her mind at the Grammys than just Harry Styles, whom she mocked during her performance of We are Never Ever Getting Back Together. The lovelorn singer also made a point of avoiding ex-boyfriend John Mayer and his current squeeze, Katy Perry, despite being seated near each other, according to Us Weekly. And as for reports that Grammy organizers were ordered to keep Swift away from rival Carrie Underwood? "Taylor feels Carrie is always rude to her, so she steers clear of her," a source tells the magazine, pointing out that "after Carrie performed, Taylor didn't stand. Everyone else did."

The Word

Hugh Jackman: Nope, not gay

THE WORD
Dorothy Robinson
scene@metronews.ca

Just because he has a deep love of musical theatre, lives in the West Village and has an older wife does not make Hugh Jackman gay. In an in-depth interview with The Hollywood Reporter, the Australian star addresses the gay rumours that constantly swirl around him.

"Just recently, it bugs her," Jackman, 44, said about what his wife of 16 years, Deborra-Lee Furness, 57, reads online."She goes: 'It's big. It's everywhere!'"

His X-Men producer Lauren Shuler Donner even went on record with the magazine to talk about their marriage. "I have seen him with Deborra since the beginning of their trip to Hollywood, and I've been on five movie sets with him and have never seen him stray, have never seen him eye anyone," she said. "I met him when he did Oklahoma! (at London's Royal National Theatre in 1999). He was genuine, hugely talented. He was in love with his wife that day and still is."

Doth thou protest too much? Who gets their producer on record to talk about the state of their marriage?

See? I'm doing it too! Why can't we believe that a drop-dead handsome, successful matinee idol can be happily in love with someone not on his level, looks-wise? Also, aren't we at the place in society that he could come out if he wanted to? Or am I just dreaming big here?

Lady Gaga

Gaga's pain puts concerts on hold

Lady Gaga has postponed her next four concerts because a joint inflammation condition called synovitis has left her unable to walk, she revealed on Twitter. "I've been hiding a show injury and chronic pain for sometime now. Over the past month it has worsened," the singer tweeted. "I've been praying it would heal. I hid it from my staff, I didn't want to disappoint my amazing fans. However, after last night's performance I could not walk and still can't." Makeup dates for the cancelled shows — in Chicago, Detroit and Hamilton, Ont. — have yet to be announced.

Twitter

@EmmaBunton
I've been hacked!!!!

@carrieunderwood
Why do dogs' paws smell like Fritos? More importantly, why do I love to smell my dogs' paws? These are a couple of life's big questions...

@JimCarrey
America has become the biggest gun club in the world and every single day now we are seeing that Karma played out.

@OfficialAdele
Chris Brown and I were complimenting each other in that photo actually!

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SHOPPERS DRUG MART

Trinidadian-born American rapper Theophilus London now calls Brooklyn his home. HANDOUT

London calling: Theophilus and the finer things

The song and pants. Young artist helping to usher in an era where hip hop and High Street go hand in hand

RICHARD PECKETT
life@metronews.ca

"Kids used to want to be rappers, but now they want to be fashion designers, which is cool. It's an education," says Theophilus London. The New-York-based rapper is talking about his legions of fans and network of starry friends, which he refers to as "kids." But in terms of the music industry, London, at 25, is still a youth himself — though a savvy one.

In fact, he's probably had more magazine and newspaper profiles (GQ, Esquire, Elle, The New York Times) and fashion collaborations (Cole Haan, Stüssy and Surface to Air) than he's had musical airtime. And he can name drop with the best of them. Solange Knowles is "like family, like a sister." He casually mentions seeing mood boards out at Kanye West's house. Those are some impressive connections considering that London, who was actually born in Trinidad, has only released one album, an EP and a selection of mix tapes.

Usually the lucrative endorsement spoils are rewarded after years of toil, making records or movies. However, London has managed to capitalize off of his personal style and cool credibility first.

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang. And Kanye's clothes — they're dope," he says.

While London is answering my interview questions from the set of a Chevrolet commercial, he swears he approaches it all with a strategy and awareness that extends beyond the next commercial paycheque. "I'd never do anything with McDonald's, for example. They're not moral," he says. "I have my own agenda." For now, that includes a new album coming out this summer and planned collaborations with Azealia Banks and Frank Ocean. "I never do things just for the money. I have to believe in it."

Hipster hop

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang."

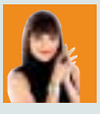
Theophilus London

Independently inspired

A studied approach to style

"The black suit and hat that I'm wearing on the cover of my first album, Timez Are Weird These Days, was inspired by Leon Ware (the writer behind Marvin Gaye's I Want You record). I got a lot of work off of the back of that. I know how to dress. I have a look and I don't need a stylist to tell me what to wear," London said.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Modern edgy elegance @NarcisoStudio Narciso Rodriguez cuts so masterfully!

@Jeanne_Beker: With American fashion genius @MrRalphRucci who just walked me through his stellar fall collection...

@Jeanne_Beker: Elegant gowns sweep the runway at Oscar... A at Semaine Mode Montreal...

The Kit

Canadian street style

Spotted in: Ottawa

Nicole, Student

Age: 25

What she's wearing
Vintage hat, sunglasses from a market in South Korea, Costa Blanca jacket, vintage fur muff (worn as shawl), Coach bag, Guess jeans, The Bay boots.

Her inspiration
"I am inspired by creative individuals I see in everyday life. I love how different people can put together unique looks. I really love people-watching and get a lot of my style inspiration from that."

THE KIT PHOTOBLOGGER: KATARINA KURUC, LOVEK.ORG

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Even you can have a stylish kitchen

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Trendy. Useful stylist tricks to make your kitchen look fabulous

With so many kitchens being designed smaller in size and open concept to fit our living spaces, it's important that they function well but look good at all times.

From someone who staged, propped and styled rooms for magazines and television shows for many years, here's a few stylist tricks to make your kitchen — no matter how large, small, high-end or low-end — look great at all times.

Repackage

Put packaged necessities in attractive display containers. Your favourite pasta, granola and espresso beans can be stored in decorative containers and displayed on the counter or behind glass doors.

Hint:
When displaying storage containers like baskets, jars or boxes, rely on the repeat method to help simplify the overall look. Using three to five of the same containers will allow a kitchen to look less eclectic.

Small scale

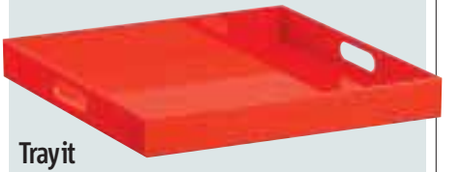
Look for space-saving countertop appliances in a small kitchen. Small and efficient appliances will save space and still offer up all the conveniences of a large kitchen.

Stand tall

Stand up trays, cutting boards and platters to hide unattractive backsplash. Choose fun shapes and trend-setting colours to help bring a boring kitchen to life. They even work standing up in the back of an open shelf or inside a glass-fronted cabinet. Got a really ugly backsplash? Try leaning a long dressing mirror horizontally across the back of the counter.

No faux pas

Mix artificial plants with real herbs/flowers. Every kitchen, no matter what size, needs a lush look. Adding real herbs and small plants with faux will extend the lush look long after the herbs have been used up and the next shopping day is near.



Tray it

Keep everyday items clustered on a tray. A tray filled with your morning French press, artificial sweeteners, bean grinder and your favourite mug will not only keep the counter looking tidy but keep you organized in the morning. Another tray with olive oils, dried herbs, vinegars, salt and pepper keeps the stove side organized for action.

Are you wearing colourful chemicals on your fingernails?

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Non-toxic nail polish for Valentine's Day is so much sexier.

If red nails are part of your valentine's plans, show yourself some love and choose a non-toxic option.

Many Canadians mistakenly believe that since nail polish is widely available on store shelves and since it sports no warning label, it is free of health risks. Unfortunately, this isn't the case.

Although cosmetic producers in Canada are required to disclose product ingredients, they don't have to warn you about the health concerns associated with those ingredients.

According to the David Suzuki Foundation, 80 per cent of cosmetics contain at least one ingredient linked to health and environmental concerns.

Your bottle of nail polish likely contains at least three.

When shopping for a new bottle of Cherry Red, take care to avoid the following common chemicals of concern found in nail products:

According to the David Suzuki Foundation, 80 per cent of cosmetics contain at least one ingredient linked to health and environmental concerns. ISTOCK IMAGES

1. Dibutyl phthalate (DBP)
Used as a plasticizer to prevent nail polishes from becoming brittle, this phthalate is classified by the EU as a suspected endocrine disruptor. In children, it's associated with liver and kidney failure when sucked or chewed. For this reason, Health Canada banned the use of DBP in soft vinyl children's toys, but its use in cosmetics is not restricted.

2. Formaldehyde and formaldehyde releasing ingredients
The International Agency for Research on Cancer classifies formaldehyde as a known human carcinogen, but there are no restrictions on the use of formaldehyde-releasing preservatives (like DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15 and sodium hydroxymethylglycinate) in nail polish. Formaldehyde itself is allowed in concentrations up to five per cent in nail polish hardeners.

3. Toluene
Toluene is a paint thinner that adversely affects the central nervous system when vapours are inhaled. According to the Canadian Centre for Occupational Health and Safety, short-term exposure can lead to temporary loss of coordination and headaches, confusion and dizziness. Repeated exposure presents more serious health risks. Ironically, it's also a skin irritant and prolonged contact can cause dermatitis.

Luckily, you can have your cake (or heart-shaped candy) and eat it too.

In recent years, non-toxic nail polishes have made a splash in the cosmetic world, making it simple to enjoy a manicure without the toxic worries. Reading the labels is the place to start. For brand recommendations, The Environmental Working Group's Skin Deep database is the absolute go-to. It's searchable and includes an extensive list of product ratings, ingredient disclosures and other resources.

Or, if a quick list of suggestions is more your style, check out Care2's recent list of non-toxic nail polishes.

Cleaning secrets

It's true: ketchup can be used to clean copper. ISTOCK IMAGES

Some people put ketchup on everything

Dear Mr. Butler,
My friend says that besides ketchup being a great condiment, you can use ketchup to clean metal. Is this true or is she pulling my leg?
-Ketchup Lover

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Ketchup Lover,

Your friend is correct. Ketchup is first and foremost a great condiment, but if used on copper it is a good cleaner for removing light tarnishing as well.

This is how I have tried it in the past with great success: wash the copper pot using normal dish soap, dry, then take a liberal amount of ketchup and spread it all over the copper surface.

Let it stand for a good 20 to 30 minutes. Rinse with warm water and repeat if necessary. So why does this work? Well the magic is all in the ketchup.

It is actually the acid from the tomatoes that act as the cleaning agent. The myth is true!

Sharing the love on Valentine's Day!

We asked our Metropolitan Panel what their plans are this Valentine's Day and who they'll be sharing their special day with.

60% Love it
8% Hate it
32% Dont care
How do you feel about Valentine's Day?
27% You bet
0% Heck no
73% We'll see how it goes
Will you be doing anything special this Valentine's Day?
8% I confess! I have!
75% Most certainly not!
17% Depends what you mean by celebrate
Have you ever celebrated Valentine's Day with more than one significant other?

Whatever your plans are today we hope you'll be sharing it with someone special.

Care to share your opinion?
Join our Metropolitan Panel at
www.metropolitanpanel.ca

Metropolitan Panel
metro
News worth sharing.

A healthy dose of sweetness for your funny valentine

Triple Chocolate Brownies

This recipe serves 12. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

With all of the sweet and sticky candy and chocolate you may consume on V-Day, why not try something a bit lighter?

These brownies, which I created for the Mövenpick restaurant chain in Toronto, are only 140 calories and seven grams of fat per serving. The cocoa, oil and yogurt that replace traditional butter and chocolate are the way to keep the calorie and fat count low.

If that's not enough to convince you to whip these up, consider that Mövenpick sells 1,500 of these brownies per month.

1. Preheat the oven to 350 F. Spray an 8-inch-square pan with cooking oil.

2. For the brownies, combine the sugar, oil, egg and vanilla in a bowl and mix well. Add the cocoa, mixing it in well. Add the flour, baking powder, yogurt and chocolate chips, mixing just until combined and smooth. Don't over mix.

3. Pour the batter into the prepared pan. Bake in the center of the oven for 15 to 20 minutes, just until set. Do not overbake. Cool on a rack for 15 minutes before icing.

4. To make the icing, place all the icing ingredients, except for the sugar, in a blender or food processor and process until smooth. Spread over the top of the brownies.

5. Cut into squares and garnish with a dusting of icing sugar, or drizzle melted white chocolate. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Brownies
- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 egg
- 1 tsp pure vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/3 cup all-purpose flour
- 1 tsp baking powder
- 1/4 cup low-fat yogurt or sour cream
- 1/4 cup semi-sweet chocolate chips

Icing
- 1/3 cup light cream cheese
- 2/3 cup icing sugar
- 1 1/2 tsp unsweetened cocoa powder
- 1 1/2 tsp water
- dusting of icing sugar

For your phone

Sara Jenkin's New Italian Pantry (iPad; $3.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Be spontaneous, be inspired. With 16 key ingredients, Sara Jenkins will show you how to cook a variety of dishes on impulse. Imagine porchetta-style tuna, pan-roasted potatoes, or Spaghetti Cacio e Pepe.

CFL

Dyce stays on as Riders special teams co-ordinator

Bob Dyce is remaining with the Saskatchewan Roughriders.

The CFL team appointed Dyce as its special teams co-ordinator Wednesday. Dyce joined the Riders in 2010 and spent two seasons as their pass game co-ordinator before serving as offensive co-ordinator last year.

The Riders also added Doug Malone as offensive line coach and hired Todd Howard as its defensive line coach.

THE CANADIAN PRESS

CFL

Argos extend offers to key Grey Cup contributors

They were the Grey Cup MVPs and the game's top Canadians but the clock is ticking on whether running back Chad Kackert and defensive end Ricky Foley will re-sign with the Toronto Argonauts or test the CFL free-agent waters.

Argos general manager Jim Barker wants both players to help Toronto defend its crown and has made offers to them. But he says the ball is in their court now with the CFL's free-agent deadline of noon ET on Friday looming.

Kackert, 26, finished the regular season rushing for 638 yards on 100 carries while scoring five TDs. He also added 23 catches for 212 yards.

The 30-year-old Foley was named the top Canadian in Toronto's Grey Cup victory after registering four tackles and a sack against Calgary.

THE CANADIAN PRESS

Jarmo Kekalainen attends a news conference in Helsinki, Finland, on Wednesday announcing him as the Columbus Blue Jackets' new general manager.
KIMMO MANTYLA/LEHTIKUVA/THE ASSOCIATED PRESS

Blue Jackets reach across pond for GM

NHL. Kekalainen becomes first European to hold title in league

The Columbus Blue Jackets hurried to make history.

Just more than 24 hours after firing Scott Howson, they announced the hiring of Jarmo Kekalainen of Finland as the first European to be a general manager in the National Hockey League.

Kekalainen, director of amateur scouting with the St. Louis Blues 2002-10, held a news conference Wednesday in his native Finland at the same time the Blue Jackets held theirs in Ohio.

"One of my dreams since I hung up my skates has been to be a GM of an NHL team sometime. Now that dream has come true," Kekalainen said in Helsinki at the home arena of the Jokerit club, where he's been GM since 2010. "I'm really happy and pleased, even proud, that I've been give this chance."

The 46-year-old, who played sparingly in the NHL, worked closely with Columbus director of hockey operations John Davidson with the Blues. When the Blues hired Doug Armstrong as general manager in 2010 instead of Kekalainen, Kekalainen returned to Finland to take over as GM of Jokerit in Finland's top league.

"Jarmo and I have a relationship that goes back a number of years, most recently with the St. Louis Blues organization, where he was an assistant general manager and in charge of the amateur draft," Davidson said. "I look at Jarmo as a person who has a world of experience. Thirty per cent of the players in our league are European. He's very intelligent about the world of hockey, not only in Europe but also in North America."

Kekalainen's current team is in first place. So badly did Kekalainen want to return to the NHL as a GM that he had an unwritten agreement with the club's owner that he could be let out of his contract if a GM job developed in the NHL. He is expected to arrive in Columbus as soon as travel and visa issues are resolved.

Kekalainen played 55 games in the NHL as a left-winger over six seasons with the Ottawa Senators and Boston Bruins.

THE ASSOCIATED PRESS

Where they stand

The Blue Jackets are 4-7-2 in this lockout-shortened season and leave Wednesday to begin a six-game Western swing that starts in Los Angeles on Friday night.

Dickey helping catchers handle situation

When knuckleballer R.A. Dickey joins a new club, he comes bearing gifts. Special catcher's mitts, courtesy of Rawlings.

But even with the bigger glove, Blue Jays catcher Josh Thole says hanging on to one of Dickey's deliveries is a challenge.

"We have no idea where it's going," said Thole, who came over with Dickey in a December trade from the Mets. "We can give it our best shot and I can guess, like I do half the time. But a lot of times, having the bigger glove helps."

The glove is also padded more, which helps when you're trying to snag a ball with a mind of its own. Just catching it is a success, never mind finding the sweet spot of the glove.

"Rawlings sends him loads of them," said Thole. "He just hands them out to all the catchers and lets them break them in and kind of play with them a bit."

Thole, 26, remembers his first attempt at catching Dickey. It was 2010 in the Mets bullpen and he didn't look very good.

"I missed the first three balls in front of the manager, the general manager and the owner of the team," he said. "I feel definitely like I've come a long way (since)."

Dickey's knuckleball is unique in that he throws it harder — at about 77 m.p.h. — than traditional practitioners of the floating pitch. And he has a few other pitches to help set it up.

That combination carried Dickey to the National League Cy Young Award last year when he went 20-6 with a 2.73 earned run average. He led the NL in innings (233 2/3), strikeouts (230), complete games (5) and shutouts (3).

THE CANADIAN PRESS

Who will catch Dickey?

Following Wednesday's session, incumbent catcher J.P. Arencibia reminded the watching media that he had not missed a single delivery from R.A. Dickey.

- The Jays' other catchers, Josh Thole, Henry Blanco and Mike Nickeas, have all worked with Dickey in the past.

Members of the Toronto Blue Jays coaching staff watch as R.A. Dickey delivers a pitch in Dunedin, Fla., on Wednesday. Dickey's knuckleball has the ability to mesmerize batters and handcuff catchers. RICK MADONIK/TORSTAR NEWS SERVICE

4 SPORTS

Wrestling leader to argue for sport with IOC head

Desperate fight. 'The door is not closed,' says committee of 2020 removal from Games

International Olympic Committee president Jacques Rogge says he will meet with the head of wrestling's governing body to discuss ways the sport can fight to save its place in the 2020 Olympics. LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

Facing a wave of criticism from around the world, IOC president Jacques Rogge will meet with the head of wrestling's governing body to discuss ways the sport can fight to save its place in the Olympics.

The IOC executive board dropped wrestling from the program of the 2020 Games on Tuesday, a decision that brought a sharp backlash from wrestling organizations and national Olympic bodies around the world — including Canada, the United States, Russia and Iran.

The move must still be ratified by the full International Olympic Committee in September, giving wrestling time to try to overturn a decision against a sport that dates back to the ancient Olympics and has been featured since the inaugural modern games in 1896.

Rogge said Wednesday he has been contacted by Raphael Martinetti, the Swiss president of international wrestling federation FILA, and was encouraged by the sport's resolve to make changes and fight for its place.

"We agreed we would meet at the first opportunity to have discussions," Rogge said at a news conference at the close of a two-day board meeting. "I should say FILA reacted well to this disheartening news for them.

"They vowed to adapt the sport and vowed to fight to be eventually included in the 2020 slot."

Wrestling, which remains on the program for the 2016 Olympics in Rio de Janeiro, still has a chance to stay on the list for 2020 — if it manages to respond positively to the wakeup call and convince the IOC to change course.

THE ASSOCIATED PRESS

Family conflict

Man ordered to cough up Jets season tickets

How scarce are Winnipeg Jets tickets?

Scarce enough that a family went to court when a deal to split season tickets crumbled.

Queen's Bench Justice Morris Kaufman ruled Wednesday in favour of Darlene Gibb, the woman who said her brother-in-law reneged on their plan and refused to turn over the tickets as promised.

Kaufman said some of John Longstaff's statements didn't make sense.

"It's clear to me that this was a legal arrangement," Kaufman said in ordering that the season tickets be transferred to Gibb.

"This was a mutually beneficial contract."

Longstaff has been a hockey fan since 1973 and, because he had Manitoba Moose season tickets, he was eligible for Jets tickets when they replaced the AHL franchise in the city.

THE CANADIAN PRESS

Curling. Ontario skip to enjoy home ice at Scotties

Ontario skip Rachel Homan showed in her first appearance at the Scotties Tournament of Hearts that she could hang with the top rinks from around the country.

She's set to make a return appearance at the Canadian women's curling championship, which kicks off Saturday in Kingston, and hopes to make more than just a playoff appearance this time around.

"We've been there before and we made it all the way to the semis our first time," Homan said of her 2011 showing. "I think this time our team has grown a bit, has got more experience and we expect to be right there hopefully battling in the final if we can."

At 23, the Ottawa skip is one of the best young players in the game. Her rink of third Emma Miskew, second Alison Kreviazuk and lead Lisa Weagle holds the third spot in the Canadian Team Ranking System.

Homan will also have a supportive Ontario crowd on her side when play begins at the K-Rock Centre. There are several experienced skips in the 12-rink competition, including defending champ Heather Nedohin of Alberta, B.C.'s Kelly Scott, Manitoba's Jennifer Jones and Nova Scotia's Mary-Anne Arsenault.

Ontario skip Rachel Homan
THE CANADIAN PRESS

"It looks like a really tough field," Homan said. "Lots of teams with lots of experience, a lot more years than us. But we've had our fair share of finals and playoffs and TV games and things like that."

Homan posted a 13-0 record in the 2010 national junior playdowns and won a silver medal at the world junior championships that year. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	35	14	.714	—
New York	32	18	.640	3 1/2
Indiana	32	21	.604	5
Brooklyn	31	22	.585	6
Chicago	30	22	.577	6 1/2
Atlanta	29	22	.569	7
Boston	28	24	.538	8 1/2
Milwaukee	25	25	.500	10 1/2
Philadelphia	22	28	.440	13 1/2
Toronto	**21**	**32**	**.396**	**16**
Detroit	21	33	.389	16 1/2
Cleveland	16	37	.302	21
Washington	15	36	.294	21
Orlando	15	37	.288	21 1/2
Charlotte	12	40	.231	24 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	42	12	.778	—
Oklahoma City	39	13	.750	2
L.A. Clippers	37	17	.685	5
Memphis	33	18	.647	7 1/2
Denver	33	21	.611	9
Golden State	30	22	.577	11
Utah	29	24	.547	12 1/2
Houston	29	25	.537	13
Portland	25	28	.472	16 1/2
L.A. Lakers	25	28	.472	16 1/2
Dallas	22	29	.431	18 1/2
Minnesota	19	30	.388	20 1/2
New Orleans	19	34	.358	22 1/2
Sacramento	19	34	.358	22 1/2
Phoenix	17	36	.321	24 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS

San Antonio 96 Cleveland 95
Indiana 101 Charlotte 77
Atlanta 108 Orlando 76
Brooklyn 119 Denver 108
Detroit 96 Washington 85
Boston 71 Chicago 69
Toronto 92 New York 88
New Orleans 99 Portland 63
Philadelphia at Milwaukee
Utah at Minnesota
Sacramento at Dallas
Houston at L.A. Clippers

TUESDAY'S RESULTS

Toronto 109 Denver 108
Miami 117 Portland 104
Memphis 108 Sacramento 101
Utah 109 Oklahoma City 94
Houston 116 Golden State 107
L.A. Lakers 91 Phoenix 85

THURSDAY'S GAMES — All Times Eastern

Miami at Oklahoma City, 8 p.m.
L.A. Clippers at L.A. Lakers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	13	8	2	3	35	28	19
Pittsburgh	14	9	5	0	45	34	18
NY Rangers	12	7	5	0	33	30	14
Philadelphia	14	6	7	1	34	40	13
NY Islanders	12	4	7	1	36	43	9

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	11	8	1	2	32	25	18
Toronto	13	8	5	0	39	33	16
Ottawa	14	7	5	2	35	27	16
Montreal	12	7	4	1	35	33	15
Buffalo	14	5	8	1	39	48	11

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	12	7	4	1	38	36	15
Tampa Bay	12	6	5	1	46	36	13
Winnipeg	12	5	6	1	32	40	11
Florida	12	4	6	2	30	46	10
Washington	13	4	8	1	36	46	9

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	13	10	0	3	44	28	23
Detroit	13	7	4	2	36	36	16
Nashville	13	6	3	4	25	26	16
St. Louis	13	7	5	1	43	43	15
Columbus	13	4	7	2	30	41	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	12	8	2	2	35	25	18
Minnesota	13	6	6	1	27	32	13
Edmonton	13	5	5	3	29	34	13
Calgary	10	3	4	3	26	35	9
Colorado	11	4	6	1	23	29	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	12	9	2	1	42	33	19
San Jose	13	7	3	3	36	29	17
Dallas	13	7	5	1	30	29	15
Phoenix	13	6	5	2	35	35	14
Los Angeles	11	4	5	2	26	32	10

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	11	12	23
Kane, Chi	9	11	20
Zetterberg, Det	5	13	18
Stamkos, TBL	7	10	17
Ribeiro, Wash	5	12	17
Crosby, Phg	5	12	17
St. Louis, TBL	3	14	17

Not including last night's games

RAPTORS 92, KNICKS 88

TORONTO (92)
Anderson 10-16 0-0 26, DeRozan 5-11 10-10 20, Lowry 3-8 5-6 12, Lucas 4-5 2-2 12, Gay 4-21 3-4 11, Johnson 2-4 1-2 5, Fields 2-4 0-0 4, Bargnani 1-1 0-0 2, Valanciunas 0-1 0-0 0, Ross 0-2 0-0 0. Totals 31-73 21-24 92.
NEW YORK (88)
Smith 8-17 5-8 26, Felton 3-9 10-12 16, Anthony 5-24 1-4 12, Chandler 4-6 2-2 10, Stoudemire 4-13 2-2 10, Novak 3-4 0-0 9, Shumpert 1-3 3-4 5, Kidd 0-3 0-0 0. Totals 28-79 23-32 88.

Toronto	**14**	**23**	**28**	**27 — 92**
New York	**18**	**24**	**18**	**28 — 88**

3-Point Goals—Toronto 9-21 (Anderson 6-8, Gay 0-5, Lowry 1-4, Lucas 2-3, DeRozan 0-1). New York 9-25 (Smith 5-10, Anthony 1-6, Novak 3-4, Kidd 0-3, Felton 0-2). **Rebounds**—Toronto 35 (Fields 10, Gay 8, Johnson 5, Valanciunas 5, DeRozan 4, Lowry 1, Lucas 1, Anderson 1). New York 52 (Anthony 12, Chandler 9, Stoudemire 7, Shumpert 7, Felton 4, Smith 4, Novak 4, Kidd 4, Prigioni 1). **Assists**—Toronto 12 (Gay 4). New York 12 (Felton 5).
Total Fouls—Toronto 20, New York 21.
Attendance—19,033 at New York. T—2:21

WEDNESDAY'S RESULTS

Pittsburgh 4 Ottawa 2
St. Louis 4 Detroit 3 (OT)
Dallas at Calgary

TUESDAY'S RESULTS

Carolina 4 New Jersey 2
NY Rangers 4 Boston 3 (SO)
Montreal 4 Tampa Bay 3 (SO)
Ottawa 2 Buffalo 0
Washington 6 Florida 5 (OT)
Philadelphia 3 Winnipeg 2
Nashville 1 San Jose 0 (OT)
Anaheim 3 Chicago 2 (SO)
Dallas 4 Edmonton 1
Vancouver 2 Minnesota 1

THURSDAY'S GAMES — All Times Eastern

Toronto at Carolina, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Montreal at Florida, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Colorado at Minnesota, 8 p.m.

FRIDAY'S GAMES

Pittsburgh at Winnipeg, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Buffalo, 7 p.m.
Anaheim at Detroit, 7:30 p.m.
San Jose at Chicago, 8:30 p.m.
St. Louis at Calgary, 9 p.m.
Dallas at Vancouver, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.

NHL

Sens' Karlsson cut by skate

James Neal scored twice and Sidney Crosby had a goal and two assists to help the Pittsburgh Penguins beat Ottawa 4-2 on Wednesday night in a game marred by the loss of Senators star defenceman Erik Karlsson to a left Achilles injury.

The Norris Trophy winner last season as the NHL's top defenceman, Karlsson was cut by Penguins forward Matt Cooke's skate blade as the two tangled along the boards late in the second period.

The Senators lost for the fifth time in seven games.

THE ASSOCIATED PRESS

Erik Karlsson on Wednesday.
THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It doesn't matter what you do today so long as you do something. If you sit still for more than a minute this morning, you may not get up again until the evening — and only to go back to bed.

♉ Taurus
April 21 - May 21
There is no point trying to judge people by your own standards. They will never match up. The best you can hope for, today and any other day, is that they learn from your good example. So go on, be one.

♊ Gemini
May 22 - June 21
The more others try to get you to change, the more you should stick with what you know and trust. No doubt they will come up with all sorts of reasons why you should take a risk, but don't do it.

♋ Cancer
June 22 - July 23
What sounds like bad news is nothing of the sort. Chances are you are looking at it from completely the wrong angle. Facts are facts, of course, but even facts can sometimes be open to interpretation.

♌ Leo
July 24 - Aug. 23
You are not the sort to give up just because you failed at something once. Yes, you may be annoyed that you did not do a project justice, but there is still plenty of time to do it again and do it right.

♍ Virgo
Aug. 24 - Sept. 23
There is something you have to do today and even though it may be a total bore you know that until you see it through to completion partners and colleagues won't give you a moment's peace. Get started on it now.

♎ Libra
Sept. 24 - Oct. 23
You may hear a few whispers or rumours today, most likely about someone you like. You are advised to ignore them. Most likely, it is just nasty he said, she said. Even if it is true, it's still nothing to do with you.

♏ Scorpio
Oct. 24 - Nov. 22
Don't cut any corners today because someone important is watching and they will make a big deal of it. It may be that you have to do a lot of work for very little profit, but sometimes that's just how it is.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to put up with people who waste your precious time on trivial things. Tell them where to go today, and say it in a way that makes it clear you mean it.

♑ Capricorn
Dec. 22 - Jan. 20
You may be eager to make changes but you won't be able to push partners faster than they want to go today. Which begs the question: Have you signed up with the wrong partners? Give it some thought.

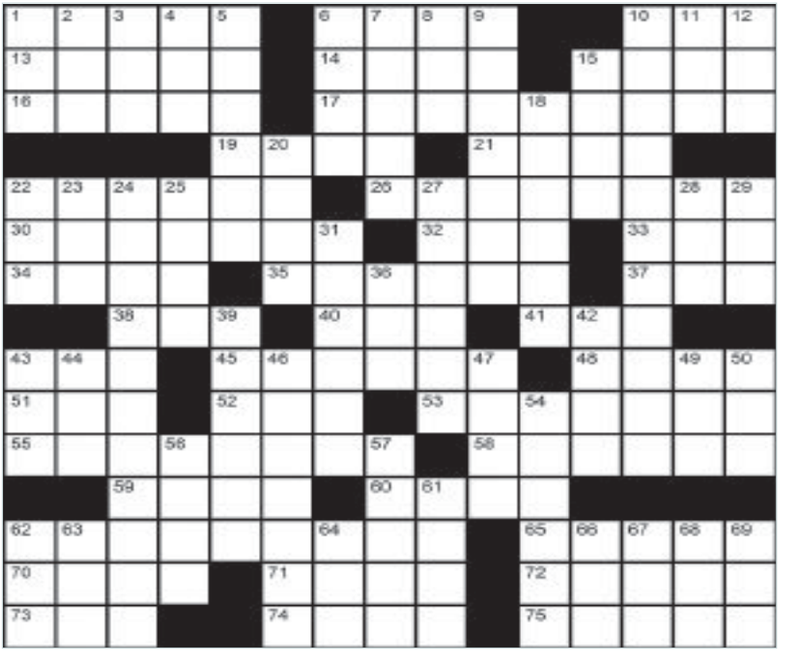
♒ Aquarius
Jan. 21 - Feb. 19
No matter how hard you try to persuade a friend or work colleague to see things your way, it just isn't going to happen, so give up. It's true, you know, some people are almost as stubborn as you!

♓ Pisces
Feb. 20 - March 20
Other people may be selfish and put their own interests first but not you. With Mars, Mercury and Neptune all moving through your sign, you know it pays to be generous. The more you give now, the more you'll get later.

SALLY BROMPTON

Crossword: Canada Across and Down

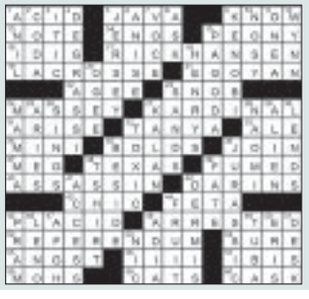
BY KELLY ANN BUCHANAN



Across
1. Valentine's Day icon
6. "Rich Bride __ Bride" on Slice
10. Sisqo's group, __ Hill
13. Popeye's beloved
14. Sparkling wine city of Italy
15. Italian car manufacturer
16. Actress Kathy
17. Valentine's gift
19. Speck
21. Khloe Kardashian's husband, Lamar __
22. James Blunt album: 'Back to __'
26. Rocky sun-orbiter
30. Versus
32. Extra sports periods, for short
33. Perfume by Cacharel
34. Explosive star
35. Eucalyptus eaters
37. Horse coat hue
38. Bug
40. Deli bread
41. Nav. rank
43. Misfire
45. "That's being taken care of by me, boss!": 3 wds.
48. Isn't, wrong-style
51.Cute bark
52. 'Alma' add-on (Facts reference book)
53. Taylor of 'Twilight' flicks
55. __ Gold Rush
58. Canadian auto service company
59. Shaker stuff
60. Gardening tool
62. Emily Bronte's __ Heights
65. Himalayas land
70. Chemical suffixes
71. 'Susp' add-on
72. Curtain
73. Val-_'__, Quebec
74. Investigators, for short
75. "When Harry Met __..." (1989)

Down
1. Corn on the __
2. Suffix with 'Form'
3. Peach part
4. 'Excess' suffix
5. Canadian singer Shawn
6. Agreement
7. "Romeo and Juliet" (1968) actor Milo
8. Prefix that means 'Ear'
9. Cheese in lasagna
10. Blue Rodeo hit that goes "...our love shines like a...": 2 wds.
11. Alleyway animal
12. Sport-__ (Versatile vehicle)
15. Flower: Spanish
18. Ukraine port city
20. City of Russia
22. Ray-__ (Sunglasses maker)
23. Kind of boost
24. Grammy-winning record producer born in Victoria: 2 wds.
25. 1997 Jim Carrey comedy, when doubled
27. Cirque du __
28. Indebted one's letters
29. Mr. Aykroyd
31. "For Those About __ __ (We Salute You)" by AC/DC
36. Novelist Ms. Rand
39. Amazon e-book reader
42. Court
43. Fargo, North __.
44. www address
46. __ _' (Restaurant occupation)
47. Chore
49. "Waking __ Devine" (1998)
50. Otis Redding song: "__ a Little Tenderness"
54. Overturns
56. Nopes
57. Surrealist artist Max
61. 'Band' suffix (Medical supplies)
62. Tie the knot
63. Numero __
64. 'Benedict' suffix
66. Baseball pitcher's stat.
67. Chum
68. Fergie's bandmate, __.de.ap
69. Grassy field

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	8	4		2		6
1		7	3					9
	6							
3		1			8			
		8				6		
			2			4		1
							9	
2					5	1		8
8		5		1	7	3		

Yesterday's Sudoku

6	2	9	7	8	1	5	4	3
5	1	3	6	4	9	2	8	7
8	7	4	2	3	5	9	1	6
1	9	7	3	2	8	4	6	5
4	5	2	9	7	6	8	3	1
3	8	6	1	5	4	7	2	9
2	6	1	4	9	7	3	5	8
7	3	5	8	1	2	6	9	4
9	4	8	5	6	3	1	7	2

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